

The Fond du Lac Center for Spirituality and Healing
presents

Understanding the Mind-Body



A hands-on community forum for understanding the mysteries of how the mind/body connection impacts our health

Saturday, April 4th, 2009 from 10:30-noon

Join us in the exploration of how our mind affects your body every single day, and learn how to use that to your advantage!

The facts are simply this: every day, whether you are consciously aware of it or not, your thoughts contribute to your well-being or contaminate your health. Why not consciously use that knowledge to improve your life?

On April 4th the Fond du Lac Center for Spirituality and Healing invites you to an event designed to explain how mind/body techniques work, followed by a hands on exploration using the Wild Divine game, a bio-feedback software program that allows player to navigate through the game by learning to consciously relax.

Visit our Web site at: www.fcsh.org to learn more

Fee: Members \$10; Non-members \$12

PRE-REGISTRATION REQUIRED



Fond Du Lac Center for Spirituality and Healing

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